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What is claimed is:

1. A vertical cavity surface emitting laser (VCSEL), comprising:

at least one quantum well having a depth of at least 40 meV and comprised of InGaAsN;

barrier layers sandwiching said at least one quantum well; and

confinement layers sandwiching said barrier layers.

- The VCSEL of claim 1 wherein said barrier layers are comprised of GaAsN barrier layers.
- The VCSEL of claim 1 wherein said confinement layers are comprised of AlGaAs.
- The VCSEL of claim of claim 1 wherein said barrier layers are
 comprised of AlGaAs.
 - 5. The VCSEL of claim 1 wherein said at least one quantum well is further comprised of >1% N.
- The VCSEL of claim 1 wherein said quantum well is up to and including 50 Å in thickness.
 - 7. The VCSEL of claim 5 wherein said quantum well is up to and including 50 $\mbox{\normalfont\AA}$ in thickness.

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- The VCSEL of claim 5 wherein said barrier layers are comprised of GaAsN barrier layers.
- The VCSEL of claim 5 wherein said confinement layers are comprised of AlGaAs.
 - 10. The VCSEL of claim of claim 7 wherein said barrier layers are comprised of AlGaAs.
 - The VCSEL of claim 8 wherein said confinement layers are comprised of AlGaAs.
 - 12. The VCSEL of claim 5 wherein said barrier layers are comprised of AlGaAs.
 - The VCSEL of claim 12 wherein said confinement layers are comprised of AlGaAs.
- 14. The VCSEL of claim 1 wherein said at least one quantum well is 20 further comprised of Sb.
 - The VCSEL of claim 14 wherein said barrier layers are comprised of GaAsN barrier layers.
- 25 16. The VCSEL of claim 14 wherein said confinement layers are comprised of AlGaAs.
 - 17. The VCSEL of claim of claim 16 wherein said barrier layers are comprised of AlGaAs.

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- The VCSEL of claim 15 wherein said confinement layers are comprised of AlGaAs.
- The VCSEL of claim 14 wherein said barrier layers are comprised of
 AlGaAs.
 - 20. The VCSEL of claim 19 wherein said confinement layers are comprised of AlGaAs.
 - 21. A vertical cavity surface emitting laser (VCSEL), comprising:

at least one quantum well having a depth of at least 40 meV and comprising InGaAsN;

AlGaAs barrier layers sandwiching said at least one quantum well; and confinement layers sandwiching said barrier layers.

- The VCSEL of claim 21 wherein said confinement layers are
 comprised of AlGaAs.
 - 23. The VCSEL of claim 21 wherein said quantum well is up to and including 50 $\mathring{\text{A}}$ in thickness.
 - 24. A vertical cavity surface emitting laser (VCSEL), comprising:

at least one quantum well having a depth of at least 40 meV and comprising InGaAsN;

barrier layers sandwiching said at least one quantum well; and

AlGaAs Confinement layers sandwiching said barrier layers.

- 25. The VCSEL of claim 24 wherein said barrier layers are comprised of 5. AlGaAs.
 - 26. The VCSEL of claim 24 wherein said barrier layers are comprised of InGaAsN
 - 27. The VCSEL of claim 24 wherein said quantum well is up to and including 50 Å in thickness.
 - A vertical cavity surface emitting laser (VCSEL), comprising: at least one quantum well comprising InGaAsN;

AlGaAs barrier layers sandwiching said at least one quantum well; and

AlGaAs Confinement layers sandwiching said barrier layers.

A vertical cavity surface emitting laser (VCSEL), comprising:
 at least one quantum well comprising InGaAsN;

InGaAsN barrier layers sandwiching said at least one quantum well; and

- AlGaAs Confinement layers sandwiching said barrier layers.
 - 30. A vertical cavity surface emitting laser, comprising:

at least one quantum well comprised of InGaAsN;

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GaAsN barrier layers sandwiching said at least one quantum well; and GaAsN confinement layers sandwiching said barrier layers.

31. A vertical cavity surface emitting laser, comprising:

at least one quantum well comprised of InGaAsN;

AlGaAs barrier layers sandwiching said at least one quantum well; and AlGaAs confinement layers sandwiching said barrier layers.

 $\chi \gamma$ 35. A vertical cavity surface emitting laser, comprising:

at least one quantum well comprised of InGaAsN;

GaAsN barrier layers sandwiching said at least one quantum well; and AlGaAs confinement layers sandwiching said barrier layers.

36. A vertical cavity surface emitting laser, comprising:

at least one quantum well comprised of InGaAsN;

AlGaAs barrier layers sandwiching said at least one quantum well; and GaAsN confinement layers sandwiching said barrier layers.